Bicycle Safety

Attention Please!

Riding a bicycle can be a lot of fun.

It can be a means of transportation, physical fitness and racing.

However, bicycle riding poses many risks and should always be done safely.

Bicycle Safety

Crash Statistics:

- A child is four times more likely to be seriously injured in a bicycle crash than to be kidnapped by a stranger.
- About 900 bicycle riders are killed in the U.S. every year, 90% involve collisions with cars, and 75% of them die of brain injuries.
- Distribution of bicycle deaths:
- 49% of all deaths occur between 3 p.m. and 9 p.m.
- Summer: May, June and July have the highest percent of bicycle related deaths.
- About six times as many bicycle deaths are males compared with females.
- 33% of deaths occurred at intersections.
- Bicycle incidents are most likely to occur within 5 blocks of home.
- Almost half of all bicycle crashes occur in driveways or sidewalks.

Bicycle Safety

A *must have* accessory!

- 96% of bicyclists killed were reportedly not wearing helmets.
- Medical research shows that 88% of cyclists' brain injuries can be prevented by a bicycle helmet.
- Universal use of helmets could prevent one death every day and one brain injury every four minutes.
- Having friends or parents who wear bike helmets significantly encourages children to use them.

Bicycle Safety

Buy a helmet that meets the safety standards of the American National Standards Institute (ANSI), the Snell Memorial Foundation or the American Society for Testing and Materials (ASTM).

Wearing a helmet correctly is vitally important to the ability of the helmet to work!

Always do these things to ensure a proper fit:

Tighten the chin strap to keep the helmet from slipping forward or backward.

Only two fingers should fit under the chin strap.

Place the helmet directly over the forehead.

Bicycle Safety

- Remember to use arm and hand signals.
- Obey traffic signs.
- Ride with traffic, not against it. Stay on the right side of the road
- Always wear an approved bicycle helmet at all times.
- Avoid riding at night, if possible. If you must ride at night, install front and rear lights on your bicycle
- Be visible day and night wear light colored clothes or reflective belt/vest.
- Ensure the bike is properly maintained and safe to ride.
- Gear up and have a safe ride!

Thank you for listening to this safety announcement.

Joint Base Safety Office